



Therapeutic Recreation Spring/Summer '06 Schedule

- **Spring Fling** Fun Day and Evening Dance at Brainerd Optimist's Club 702 Scruggs Rd in East Ridge April 29th from noon-7 pm. Games, pony rides, fishing, marshmallow roasts, dancing, moon walk. This is a FREE Event. Come one come all!!
- **Adaptive Golf** at Brown Acres. 6 week program for individuals with physical or cognitive disabilities. Fridays in June and July 5:30-7 at Brown Acres Driving range practice and 9 holes of golf. Fee is \$20 for 6 week session Clubs and balls provided. Call Lizzy at 634-5716 to register
- **Inclusive Swimming** at Brainerd Rec center begins May 4th 6:30-7:30pm. This 5 week program is for teens and adults with physical/cognitive issues. Recreational Swimming Opportunity. \$ 5 for 5 weeks Call Susan 697-1345 to register
- Summer Camp **Zooability** for children with cognitive and/or physical disabilities at the Chattanooga Zoo June 19-23 ages 6-10 July 31-Aug 4 ages 11-14 Fee is \$60 for the week. Call Carlee @ 697-1319 to register



- **Horseback Riding** at Heartland Ranch May 16, 23 and 30 and June 6th from 2-4 pm. Fee is \$60 for four weeks



- **Cheerleading camp** June and July (dates, and place TBA) for girls and boys with cognitive disabilities. Fee dependant on numbers of participants.

Questions? Contact us at: crisp_s@mail.cgattanooga.gov or hockinson_l@mail.chattanooga.gov

City of Chattanooga Parks and Recreation Therapeutic Recreation Department

1354 E. Third Street Chattanooga TN 37404

423-697-1345 or 423-643-5716



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- **Expressive Movement** (formerly *Adaptive Dance*) at Baylor School on Thursdays from 6-7 pm for individuals with physical and/or cognitive disabilities No age limit!! No Fee!!



- Overnight **River Trip** in August for teens and adults with visual and hearing impairments. (Planned for Late August; Date and Time TBA)
- **Tae Kwon Do** at Warner Park Fridays from 5:30- 6:30. This is a great exercise for teens and adults with physical and cognitive disorders. Call Susan at 697-1345 to register. \$20 for six week program
- **Gymnastics** for girls and boys with physical/cognitive disabilities afternoons at TAG gymnastics. Beginning tumbling, trampoline and lots of fun! (Dates and Times TBA). \$20 for 4 week program



- **Puppy Par Course** an interactive par/exercise course designed for dogs and their people to exercise and enjoy the great outdoors. Please call for more details or if you'd like to help make this great healthy hobby happen!
- **Adaptive Rowing at Chattanooga Rowing Center** Practice begins Saturday mornings in May. Participants must be able to sit independently and have trunk control. *This pilot program is full, but if you'd like to get on the waiting list call Susan at 697-1345*
- **Wheelchair Tennis** Therapeutic Recreation has teamed up with Siskin Rehab to continue this award winning activity. Contact Stephanie Dodd at sdodd@siskinrehab.org for practice times and info on the Choo-Choo Classic Tennis Tournament
- **Bicycle Buddies** meets Monday afternoons at 4:30 in various locations. All inclusive, no fee. Call for more info

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